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SUMMARY OF SEMINAR CONFERENCE

Foods and Nutrition-- March 8, 1946

The foods and nutrition staff in 1945 consisted of two subject-matter specialists Miriam Birdseye, senior extension nutritionist, and Mary E. Loughhead, specialist in food preservation. Both specialists serve as liaison staff members of the Extension Service and the Bureau of Human Nutrition and Home Economics. The work is covered by a project agreement between the Bureau and the Extension Service.

EXTENSION WORK IN NUTRITION

Miriam Birdseye

I. Review of Past Year's Work

The over-all goal of the nutrition program is the optimally fed and nutritionally fit individual and family, and the encouragement of family and community activities which contribute toward this goal.

A. Major phases of work in 1945

1. Meal planning for good nutrition according to the National Nutrition Guide, under war and postwar conditions.
2. Food preparation.
  - a. Extending limited supplies of sugar, fats, and meats.
  - b. Cooking vegetables, both home grown and those regionally "in abundance."
  - c. Work simplification applied to meal planning, preparation, and serving.
3. Community nutrition activities.
  - a. School lunches.
  - b. Community meals.
  - c. Flour and com-meal enrichment legislation.
  - d. Nutrition clinics-- 48 child nutrition clinics were held in 23 States in 1944-45 by Dr. Walter Wilkins of the U. S. Public Health Service. Extension workers cooperated actively in clinics and follow-up work.

4. 4-H Club program.

- a. Preparing and serving meals. Special emphasis on breakfast, school lunch, and on assisting or substituting for mothers otherwise occupied.
- b. Food preparation in general, especially the making of breads and other baked foods, cooking vegetables, and using milk.
- c. Checking on daily food habits by National Nutrition Guide or State 4-H Club food guide.

B. Examples of Cooperative Services Rendered and Accomplishments

1. Nutrition Planning Committee.

This committee, which operates through the Nutrition Programs Division of the Production and Marketing Administration, coordinates efforts of Federal and field personnel of the Childrens' Bureau, Extension Service, Farm Security Administration, Office of Education, Public Health Service, and the American Red Cross, toward important nutrition goals. In the States, cooperation between agency personnel is brought about through State nutrition committees and by numerous county and local nutrition committees. Many programs thus cooperatively promoted are also important segments of the long-time Extension program. Others have been related to the war effort or national emergencies.

Nutrition committees took an active part in community nutrition activities assisted under major phases of work.

2. Cooperating School Lunch Committee.

The nutritionist represents the Extension Service on this committee, which brings together representatives of the Government divisions and branches interested in school lunch and its outcomes. The committee is currently outlining a comprehensive program of needed research. One bureau staff member has been added to work on a school lunch survey.

3. Soil Conservation Service.

A cooperative plan was developed by extension specialists in nutrition and soil conservation for improving the farm family fruit and nut supply in selected areas, through soil conservation plantings of wild or adopted varieties.

4. Other.

- a. HNHE prepared timely leaflets and releases, other teaching aids, and showed visiting specialists studies going on in research laboratories.

- b. Specialist prepared circular letters to extension nutritionists regarding special activities or pertinent materials. Collaborated on Farmers' Bulletin 1977, Savory Herbs, Their Culture and Use (to be released March or April 1946). Participated in inter-related activities of other divisions of the Extension Service and served on various committees within the Department.

## II. Plans and Recommendations-- 1946

1. Help rural people to cooperate effectively in the National Food Conservation program.
  - a. Wheat and fat saving campaign. Relay to States the Bureau's findings on use of 80-percent flour, use of soy products.
  - b. Small conference in Washington of nearby State specialists to advise with Federal specialists and Bureau on help needed by rural homemakers, effective methods and appeals (Proposed).
2. Exploit today's unparalleled opportunities for increasing the interest of Americans in choosing food for growth, health, beauty, and long life.
  - a. European food crisis and its effects.
  - b. Follow-up findings of Dr. Wilkins' nutrition clinics.
  - c. State and county records of draft rejections.
  - d. Local health and health service surveys.
3. Find ways of presenting the nutrition story effectively to rural men as well as to homemakers.
4. Help 4-H Club boys and girls to use their years of rapid growth for health improvement.
  - a. Develop with U. S. Public Health Service, Childrens' Bureau, and HNHE, a cumulative health-improvement record for use in contests (already begun).
  - b. Work with 4-H Club staff on plans for short workshops for county extension agents doing 4-H Club work to help prepare them for guiding nutrition program.
5. Intensify work on 5-year cooperative Extension - SCS field demonstration.
6. A national conference, of regional conferences, of extension nutritionists and food preservation specialists with Bureau workers to become familiar with research work and for exchange of ideas on methods in carrying out foods and nutrition program.

## Food Preservation

Mary E. Loughhead

### I. Review of Past Year's Work

Food preservation work in 1945 was directed toward carrying out the food preservation phases of the over-all emergency war food program and contributing toward the long-time goals of the foods and nutrition program of the Extension Service.

#### A. Major phases of work in 1945

1. Safe processes in home food preservation.
2. Improvement in quality of home-processed food-- palatability, nutritive value.
3. Cause and prevention of spoilage in home-canned food.
4. Selection and use of home freezing equipment.
5. Pressure-gage testing.
6. Standards for equipment (water-bath canners, jar rings, closures for home canning jars).
7. Family food budget.

#### B. Examples of Cooperative Services Rendered and Accomplishments

1. State food preservation committees. Working on uniform, safe methods in home food preservation.
2. Pressure-gage testing. A going program in nearly every State, an outgrowth of several years' work.
3. Canned-food spoilage clinics. Assistance of State bacteriologists in analyzing food throws some light on the type of organisms present. Clinics furnish evidence of causes of spoilage and need for additional information, or more emphasis, on processing procedures, equipment standards, techniques used by homemakers.
4. Standards for equipment. Work with jar-ring technical committee on improving quality of jar rings. Assemble data on quality of jar closures, gage-testing devices.
5. Teaching aids.
  - a. HNHE--popular leaflets, visual aids, technical information.
  - b. Specialist-- circular letters to State extension specialists with information and material bearing on the program.

II. Plans and Recommendations for 1946

1. Home food supply in relation to world food situation and family needs.
2. Equipment for food processing.
  - a. Selection and use of home freezing equipment.
  - b. More efficient methods in arrangement and use of equipment.
  - c. Equipment clinics.
3. Processes for home-preserved food-- specifically, canning and freezing in light of Bureau's research project on home food preservation.
4. Quality of home-preserved food, continued work on cause and prevention of spoilage.
5. Conference of all State workers concerned with program with representatives of HNHE to become more familiar with research findings of Bureau.

